



*SEATTLE PARKS
AND RECREATION*

GREEN LAKE

COMMUNITY CENTER & EVANS POOL

SUMMER 2006



7201 E Green Lake Drive N

Community Center: 206-684-0780 • Evans Pool: 206-684-4961

Visit our web site at www.seattle.gov/parks

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Community Center General Information

Green Lake Community Center

7201 E Green Lake Dr N
Seattle, WA 98115-5301
Phone: 206-684-0780 Fax 206-684-0881
Visit us online at www.seattle.gov/parks!

Hours of operation

Monday – Friday	10 a.m. to 9 p.m.
Saturday	10 a.m. to 5 p.m.
Sunday	Closed

Holiday Closures

Monday, May 29, Memorial Day

Program registration

On-line registration begins
Tuesday, May 30 at 8 a.m.

Walk-in and phone-in registration begin
Tuesday, May 30, 10 a.m.

Program dates

June 5 – September 1, 2006

Directions

The Community Center and Pool are located on
E Green Lake Dr N at NE 72nd St.

Heading North on I-5:

- Take the 65th St./ Ravenna Blvd. exit
- Turn left on 65th St. heading west
- Bear right on NE Ravenna Blvd. heading northwest for .3 miles
- Bear right on E. Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

Heading South on I-5:

- Take the NE 70th St. exit
- Turn right onto NE 70th St.
- Continue on NE 70th St. heading west until you reach Green Lake Dr. N.
- Turn right onto Green Lake Dr. N. heading northwest to Green Lake Community Center and Evans Pool at 7201 E. Green Lake Dr. N.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Management Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Operations Director
Maureen A. O'Neill, North Recreation Manager
Tom Ostrom, North Sr. Recreation Coordinator

Center Staff

Jeff Skinner, Recreation Coordinator
Barb Drake, Asst. Recreation Coordinator
Jeff Hodges, Teen Development Leader
Kalindi Gutierrez, Recreation Attendant
Mike Chapman, Building Maintenance (AM)
Una Mulligan, Building Maintenance (PM)
Ryan Manning, Weekend Recreation Leader

You Can Make a Difference!

The Green Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Green Lake's Advisory Council is always looking for new members. Meetings are held on the second Tuesday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Green Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

Worm Composting ♦ Community Events ♦ Public Theatre

★New!★ Summer Show Time At The Lake

It's Show Time at Green Lake! Come participate, learn, or hang out and watch as a variety of educators, performers, and artists perform their "gigs" once a week for an hour near the community center in beautiful Green Lake Park. Activities are appropriate for all ages except where noted! Sponsored by Green Lake Advisory Council. FREE

POI BALLS and PARACHUTE

Kathleen Wolfe

Sat, Jun 24 10 a.m. – Noon
Fri, Jul 14 12:30 – 2:30 p.m.
Sun, Jul 23 10 a.m. – Noon

BALLOON ANIMAL SCULPTING

Ryan Christensen

Friday, Jun 30 Noon – 1 p.m.

REPTILE MAN

Scott Petersen

Friday, Jul 7 1 – 2 p.m.

STRANGER DANGER / BULLY BUSTER

Adam Schilling

Wednesday, Jul 12 1 – 2 p.m.

TWISTY BALLOONS

Aliza Alborhoz

Wed, Jul 19 2 – 3 p.m.

"FOX LIKE THE ANIMAL" MAGIC

Philip Fox

Fri, Jul 28 12:30 – 1:30 p.m.

"THE ENTERTAIN MEN" JUGGLING AND MAGIC SHOW

Ryan Christensen and Philip Fox

Fri, Aug 4 12:30 – 1:30 p.m.



Worm Composting - Fun and Easy!

Geared for adult gardening enthusiasts who want to learn more about composting with worms the fun and easy way! Professional Worm Grower Barb Drake shares her tips, experience, and in-depth knowledge on how to make magnificent worm compost with either wood or plastic bins. Part lecture / part hands-on activities, so come prepared to get your hands a little messy! All materials supplied along with take-home information. View the different stages of composting from start to finish. Learn about the soil foodweb and how to:

- successfully set up and operate a worm bin
- trouble shoot problems in the bin
- identify "good" critters in the bin ecosystem
- convert decaying organic waste to nutrient-rich worm compost
- enrich plant soils through efficient application
- conserve water through composting

Instructor Barb Drake is a Professional Vermicomposter / Worm Grower and Certified Master Composter / Soil Builder.

Min 4 / Max 8

Ages Adults/Teens

Sat, Jun 17 1 – 2:30 p.m.

Activity Fee: Free (or any donation to Green Lake C.C.)

Location: Room 3

★New!★ *Twelfth Night* Play by William Shakespeare

"Live from Green Lake...it's Saturday Night!" Seattle Public Theater at the Bath House youth ensemble presents William Shakespeare's *Twelfth Night*. Come join the madness! A shipwreck, a swordfight, several songs, and a dance or two.... From the witty to the ridiculous, this play has something for everyone. Performed by youth ages 13 to 18. For more information on Seattle Public Theater at the Bath House, contact (206)524-1300 or www.seattlepublictheater.org.

Ages Families and Individuals of all ages

Sat, Jun 3 7 – 8:15 p.m.

Activity Fee: Free

Location: Room 3

Pancake Breakfast ♦ Teen Council ♦ Game Room

Teen Council at Green Lake — Tuesdays!

HEY TEENS! Do you need community service hours? Do you have fundraising ideas? Want to gain leadership skills? Want to plan a great party?

Come participate in the Teen Advisory Council. Strive to make a difference in your community while learning to lead, organize, and promote all types of events and activities. Bring your ideas and enjoy the food and fun! **For information, call Jeff Hodges at 206-684-0780.**

Jeff Hodges, Teen Leader

Age: 12 to 18 years old

Second Tuesday of every month 6 – 7:30 p.m.

Location: Teen Room

Green Lake Teen Drop-in Program — Tuesdays

Every Tuesday night we have activities for teens 12 to 18 years old who attend either Middle or High School. I.D. must be carried at all times. All participants are required to sign in. Call Teen Leader Jeff Hodges for further questions, 206-684-0780.

Instructor: Jeff Hodges, Teen Leader

Tuesday Activities

6 – 8:45 p.m. Open gym, games, movies, workshops, teen council

7 – 8 p.m. Teen Swim, FREE if registered in the teen program.

Tuesdays 6 – 9 p.m.

Jul 11 – Sep 26

Location: Green Lake CC

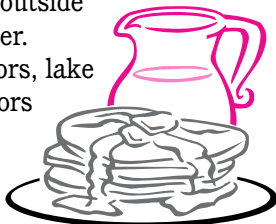
Neighborhood Pancake Breakfast

Green Lake Community Center Advisory Council is hosting a scrumptious mouth-watering traditional neighborhood pancake breakfast during the 3 on 3 Battle at The Lake event outside next to the community center.

Event participants, spectators, lake and park users, and neighbors

are all invited! Stop by to enjoy some good "eats", take in the beautiful lake scenery, and mingle with friends or family. Seating is provided but feel free to bring your own picnic blanket to lounge on. Pay at the breakfast: \$4 adults; \$2 kids.

Sun, Jul 23 8:30 – 10:30 a.m.



Teen Late Night Recreation Program

Age: Boys and Girls ages 13 to 19

Meadowbrook Teen Life Center

10750 30 Ave NE

206-684-7523

Friday Night - Middle School Only

1st Friday - Music Studio

2nd Friday - Culinary Arts

3rd Friday - Teen Swim (Middle / High School)

4th Friday - Pizza & a Movie

Saturday Night - High School Only

1st Saturday - Culinary Arts

2nd Saturday - Pizza & a Movie

3rd Saturday - Pool Saturday

4th Saturday - Special Event / Field Trip

Bitter Lake Community Center Annex

13040 Greenwood Avenue North

206-684-7524 or 386-9870

Every Friday Night

1st Friday - Teen Skate

2nd Friday - 3-on-3 Tourney

3rd Friday - BBQ and a Movie

4th Friday - Teen Swim at Madison Pool (8:30 - 9:30 p.m.)

Game Room / Pool Table at Green Lake

Our game room is geared for the recreational drop in user who wants to play a few games of air hockey, foosball, or ping pong. These games are youth oriented; however adults may play with their child or play recreationally amongst each other. We ask that you please limit your playing time when another user comes in to play. For safety purposes, no advanced players allowed. Adult supervision required for children 10 years and younger.

A pool table is available for the recreational drop in user in our lobby area just outside the game room.

People may bring their own equipment to play any of the games. The community center provides equipment in exchange for a trade in item.

Art Camps • Fine Arts • Spanish Stories

Fine Art Camps

Dear Parents: Studies show that students who draw what they learn are more likely to remember it for many times longer than students who don't draw. With the many changes to the academic requirements in Washington State, the Cultural Arts have nearly been eliminated. The Arts foster creativity, cognitive reasoning and problem solving abilities. You can give your children the opportunity to expand their academic capabilities through the Fine Arts." All supplies provided by the instructor. Min 4 / Max 12 participation.

Professional Artist Yvette Simone has been honored at The White House for her art and has exhibited in Art Galleries and Museums around the world for 25 years, and will be teaching different Fine Art classes each quarter throughout the year.

Location: Room 3

Fine Art Drawing Camp **\$89**

Ages 8 – 12

#8292 6/26 – 6/30 M-F 12:30 – 1:30 p.m.

Fine Art Pastels Camp **\$89**

Ages 8 – 12

#8294 7/10 – 7/14 M-F 12:30 – 1:30 p.m.

Fine Art Oil Painting Camp **\$89**

Ages 8 – 12

#8293 7/17 – 7/21 M-F 12:30 – 1:30 p.m.

★New!★ Spanish Story Time for Mommy & Me **\$25**

A parent with child class! Come and join us for a fun story time each week! Aliza Alborhoz, our lively native speaker of Spanish will delight parents and children with her bright personality and exciting stories of childhood that children will love and relate to! Different stories are selected based on age group. Bring a blanket and / or pillow if you want to get really comfortable. Min 4/Max 10

Location: Room #3

Instructor: Aliza Alborhoz

6 – 9 Year Old Story Time

Tue, Jul 11, 18, 25 3 p.m. – 4 p.m.

3 - 5 Year Old Story Time

Tue, Jul 11, 18, 25 2 p.m. – 2:45 p.m.

★New!★ International Art Studio Camp

Multi-lingual instruction provided in English, Mandarin, and Spanish! This mixed-media art class encourages kids to understand different cultures and perspectives of art by exploring different materials – papers, printmaking, calligraphy, etc. All supplies included. Min 5 / Max 6

Ages 6 – 12

Location:

Instructor: Liang-yin Chen

Camp 1 **\$55**

#8309 6/26 – 6/30 M-F 10:30 – 11:30 a.m.

Camp 2 **\$44**

#8310 7/3 – 7/7 M-F 10:30 – 11:30 a.m.

No Lesson 7/4/06

Parent/Child Fun With Art Camp **\$89**

Parents will have fun with their child creating art using the five elements of design and a variety of different artist mediums. A fun class for art enthusiasts! All supplies provided by the instructor. Min 4 / Max 10

Ages 5 – 7

Location: Room 3

Instructor: Yvette Simone

Camp 1

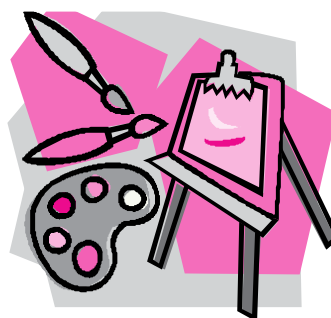
#8325 6/26 – 6/30 M-F 11:30 a.m. – 12:15 p.m.

Camp 2

#8326 7/10 – 7/14 M-F 11:30 a.m. – 12:15 p.m.

Camp 3

#8327 7/17 – 7/21 M-F 11:30 a.m. – 12:15 p.m.



Pottery

Preschool Pottery

\$44

Multi-lingual instruction provided in English, Mandarin, and Spanish! GREAT one to one attention! For new and continuing students. Children will have a fun and exciting art experience learning basic skills in building objects out of clay while experimenting with textures, glazes, and more to create imaginative projects every quarter. All supplies included. No class 7/24/06. Min 5/Max 6

Ages 3 – 5

Location: Pottery Studio

Instructor: Liang-yin Chen

#8342 7/10 – 8/7 Mon 10:30 – 11:30 a.m.

★New!★ Pottery Camp for Kids

Multi-lingual instruction provided in English, Mandarin, and Spanish! GREAT one to one

attention! Make your own dinnerware and decorative room items or a tea pot set for a tea ceremony, personalized by your imagination. Also how to use the pottery wheel and combine hand-building techniques to create projects. All supplies

included. Wear clothes to get messy. Min 5 / Max 6

Ages 6 – 12

Location: Pottery Studio

Instructor: Liang-yin Chen

Camp 1 \$138

#8336 6/26 – 6/30 M–F 12:30 – 3 p.m.

Camp 2 \$110

#8337 7/3 – 7/7 M–F 12:30 – 3 p.m.

Camp 3 \$138

#8338 7/10 – 7/14 M–F 12:30 – 3 p.m.

Camp 4 \$138

#8339 7/17 – 7/21 M–F 12:30 – 3 p.m.

Camp 5 \$138

#8340 7/31 – 8/4 M–F 12:30 – 3 p.m.

Camp 6 \$138

#8341 8/7 – 8/11 M–F 12:30 – 3 p.m.



★New!★ Pottery Camps for Teens

\$110

Multi-lingual instruction provided in English, Mandarin, and Spanish! GREAT one to one attention! Learn how to use the pottery wheel and combine hand-building techniques to create COOL projects. All supplies included. Wear clothes to get messy. Min 5 / Max 6

Ages 13 – 16

Location: Pottery Studio

Instructor: Liang-yin Chen

#9132 7/11 – 7/14 T–F 9 a.m. – Noon

#9133 7/18 – 7/21 T–F 9 a.m. – Noon

#9134 8/1 – 8/4 T–F 9 a.m. – Noon

#9135 8/8 – 8/11 T–F 9 a.m. – Noon

Pottery for Adults

\$210

Fee includes 3 hours of instruction per week, 25 lbs. of clay, kiln and glaze materials, and access to the studio for practice time. Additional clay \$10 per bag. Advanced production work STRICTLY prohibited. Kiln use is limited to beginning and intermediate production levels. Enrollment closes after second class. Student is required to read, sign, and follow a pottery class agreement in order to register. Min 8 / Max 12

Ages 18 and older

Location: Pottery Studio

Instructor: Liang-yin Chen

Beginning Adult

#8332 6/20 – 8/29 Tue 6 – 9 p.m.

No Class 7/4/06, 7/25/06

Intermediate Adult

#8333 6/28 – 8/30 Wed 6 – 9 p.m.

No Class 7/26/06

★New!★ Advanced Pottery Studio User Program

This new program is geared for the advanced potter who is not instruction oriented. Specific program guidelines have been developed that require review and acceptance before a person may register - please stop by or call 684-0780 to receive a copy. These guidelines also contain all user fees and charges. The pottery program director reserves the right to not accept a person into this program if they do not meet the necessary criteria and requirements. Due to limited studio space, a quarterly lottery registration is in place until more space becomes available. For more information, call Barb at 206-684-0780.

Piano ♦ Music ♦ Preschool ♦ Play Center

Toddler Play Center \$2 Drop-In 6 months to 5 yrs

\$20 punch card (\$24 value)

Our HUGE Children's Play Center is said to be one of the BEST around. There are many children's toys and equipment available and it's a great way for your child to learn and socialize with other children. **Parental Supervision Required.** Please follow all Play Center rules including using upstairs lobby area to eat your snacks.

Public Use Times:

Mon through Friday, 10 a.m. - 7 p.m. Sat, 10 a.m. - 2:30 p.m. **Note:** private rental times may be used by the public whenever no rental is scheduled. Please call 684-0780 for availability.

Private Rental Times:

Available Sat, 2:30 - 4:30 p.m. \$35 per hour + \$10 booking fee. Great for birthday parties! (Please note that the play center may be rented outside of the community center's operating hours with additional hourly staffing charges)

The Play Center closes during the week at 7 p.m. and on Saturday at 4:30 p.m. for cleaning.

Play & Learn \$180

Children socialize, play, and learn in a child-centered environment through arts and crafts, imaginative play, construction, large and small muscle development, coordination, music and movement. Parent orientation available for those wanting to learn more on problem solving approaches to behavior for later sharing at home with their child. For more information, call teacher Eleanor at 206-789-7643. Year-round class with no breaks. Parents provide snack. Min 7 / Max 8

Ages 4 - 5

Location: Preschool Room

#8328 7/3 - 7/31 MWF 9:45 a.m. - 12:15 p.m.

#8329 8/2 - 8/30 MWF 9:45 a.m. - 12:15 p.m.

Play & Learn \$120

Ages 3 - 4

Location: Preschool Room

#8330 7/6 - 7/27 Tu/Th 9:45 a.m. - 12:15 p.m.

No Class 7/4/06

#8331 8/1 - 8/31 Tu/Th 9:45 a.m. - 12:15 p.m.

Piano - All Ages \$120

Ages 3 and older

For beginner and intermediate students. Lessons are 45 minutes in length with 5 minutes in between each lesson. Beginners learn rhythm, technique, and how to read music - the basics to play all your favorite songs! Intermediates develop their skills to a deeper level. You must sign up for the full session.

Ages 3 and older

Location: Teen Room

#8319 8/3 - 8/24 Thu 3:30 - 4:15 p.m.

#8320 8/3 - 8/24 Thu 4:20 - 5:05 p.m.

#8321 8/3 - 8/24 Thu 5:10 - 5:55 p.m.

#8322 8/3 - 8/24 Thu 6 - 6:45 p.m.

#8323 8/3 - 8/24 Thu 6:50 - 7:35 p.m.

#8324 8/3 - 8/24 Thu 7:40 - 8:25 p.m.

#8313 7/6 - 7/27 Thu 3:30 - 4:15 p.m.

#8314 7/6 - 7/27 Thu 4:20 - 5:05 p.m.

#8315 7/6 - 7/27 Thu 5:10 - 5:55 p.m.

#8316 7/6 - 7/27 Thu 6 - 6:45 p.m.

#8317 7/6 - 7/27 Thu 6:50 - 7:35 p.m.

#8318 7/6 - 7/27 Thu 7:40 - 8:25 p.m.

Toddler Music Development \$36

Sing and dance, hop and skip, pound on hand drums and rhythm sticks. This FUN music and movement class, taught by Katy Webber, helps to develop your child's music skills, enhance their memory and their ability to identify sounds, colors, and instruction. Katy brings her guitar to teach new, fun, silly songs to sing and musical games to play. Fee includes all instruments. Ages 2 - 3 yrs with a parent. Min 5 pairs / Max 10 pairs No Lessons 7/4/06

Ages 2 - 3

Location: Room 1

#8346 6/27 - 7/25 Tue 10:15 - 11 a.m.

#8347 6/27 - 7/25 Tue 11:15 a.m. - 12 p.m.

Toddler Music Development II \$45

Ages 2 - 3

Location: Room 1

#8348 8/1 - 8/29 Tue 10:15 - 11 a.m.

#8349 8/1 - 8/29 Tue 11:15 a.m. - 12 p.m.

Dog Training ♦ Chess Play ♦ First Aid

Dog Training — Basic

\$54

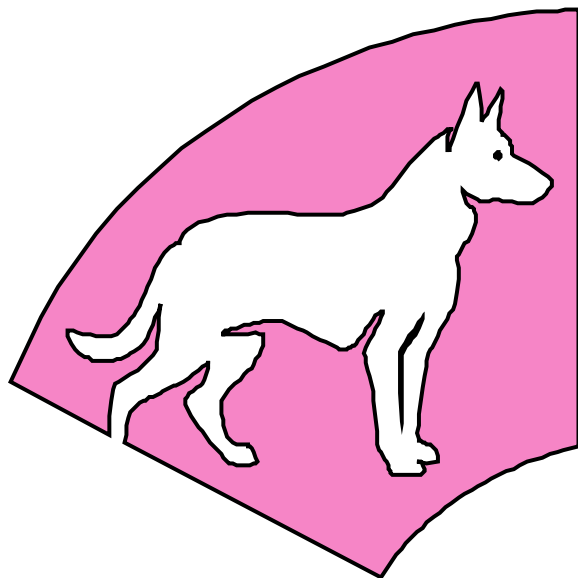
Only one dog per handler. Handler under age 12 allowed with instructor's permission before registering. No dogs nose to nose first class. Focus is on home manners such as "come," "down," "sit," "stand," and "stay," and walking on a loose leash. Class is fast-moving, positive, and motivational. Bring proof of current vaccinations first night. Bring a rug or mat, paper towels, plastic bags, small bag of dried dog food or training treats, and your dog on a leash each class. Dog needs empty stomach at least 1 hour prior to class. Min 5/Max 10

Instructor: Sarah Kahn

Age: 10 weeks & older as of first class

#8291 7/12 – 8/16 Wed 7 – 8 p.m.

Location: Room 3



First Aid and Adult CPR For Adults

This course teaches how to respond to an emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing and CPR for adults. This course meets OSHA and WISHA requirements. **Call the American Red Cross at (206) 726-3534 to register.**

Monday/Wednesday 4:30 – 8:30 p.m.

Jul 17 – Jul 19

Aug 21 – Aug 23

Sep 18 – 20

Age: 18+

Location: Main Floor Room

Fees: \$54/8 hours

Chess Club

- Join other enthusiasts every week for a drop-in game of strategy and skill.

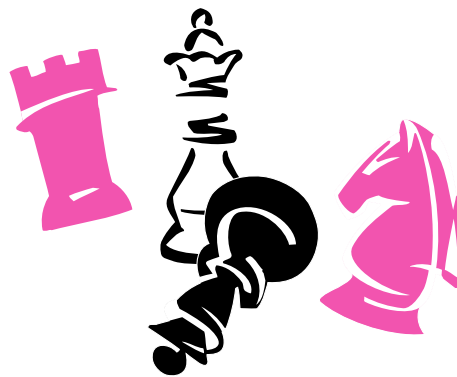
Instructor: W. Metzker

Age: Adults of all ages

Fridays 1 – 5 p.m. Jun 2 – Sep 1

Activity Fee: Free

Location: room #3

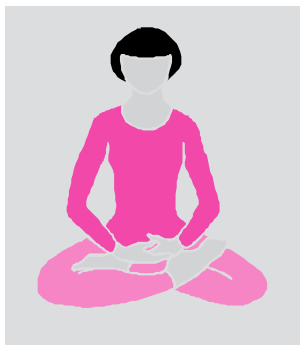


Tai Chi ♦ Yoga

Yoga — Prenatal

\$52

A specially designed program for women in their second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga exercises, breathing, visualizations and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive outlook. Bring a blanket and two pillows to class. Medical authorization required. Min 7/Max 12



Ages 18 to 45

Instructor: Margaret McAndrew

Location: Room 3

#8359 7/5 – 8/9 Wed 10 – 11:15 a.m.

Yoga - Hatha

Our highly experienced and knowledgeable instructor teaches this multi-level class that incorporates regular practice of Hatha Yoga postures (asanas) with breath awareness (pranayama), resulting in increased vitality, flexibility, and good muscle tone while stimulating the circulatory, respiratory, endocrine, and immune systems. Class ends with deep relaxation or visualizations to reduce stress and nurture a peaceful mind. Working knowledge of the basics helpful but not necessary. Bring a large BLANKET or PAD, bare feet and an empty stomach. Not appropriate for women during pregnancy (see Prenatal Yoga). Min 7/Max 14

Ages 18 to 59

Instructor: Margaret McAndrew

Location: Room 3

Morning Session

\$42

#8357 7/11 – 8/15 Tue 10 – 11 a.m.

Activity Fee: \$42

Evening Session

\$52

#8358 7/6 – 8/10 Thu 7:30 – 8:45 p.m.

Yoga for Seniors

\$16

Rejuvenate and Reenergize Yourself!

Specially designed for the 60+ person who feels a bit stiff, creaky, or easily winded. Warm up is followed by poses (modified as necessary) or done with aid of a chair, wall, blocks, or belt; breathing techniques included. Class ends with visualizations and deep relaxation. Min 7/Max 12

Ages 60 and older

Instructor: Margaret McAndrew

Location: Room 3

#8360 7/7 – 7/28 Fri 10 – 11:15 a.m.

#8361 8/4 – 8/25 Fri 10 – 11:15 a.m.

★New!★ Tai-Chi Workshop \$40

Are you interested in learning TAI CHI – The Simplified Version? Experience this slow flowing movement and meditation which helps to strengthen your mental concentration, assist in increasing your energy, and improve your balance. This routine may be completed in 15 minutes. So, if you feel your time is limited, this workshop is for you. The instructor Rusheng Zheng has over 20 years experience with Tai Chi and is a local Chinese Medicine Doctor and Acupuncturist in Seattle. Min 6 / Max 14

Ages 18 and older

Location: Room 1

#8345 7/22 – 8/12 Sat 3 – 5 p.m.

Tai Chi for Adults

\$2 Drop-In

Our highly experienced and knowledgeable volunteer instructor, Jim Guidon, teaches this Chinese form of exercise using slow, soft and circular movements to harmonize body and mind, often described as "a moving meditation" and a way to achieve health and tranquility. Excellent for balance, relaxation and concentration. Wear loose comfortable clothing. First time free. Minimal administrative fee applied. Min 4 / Max 14

Location: Room # 3 or outside

Age: 18+ yrs

Tuesday Jun 27 – Sep 12 7 p.m. – 8 p.m.

Pilates ♦ Dance ♦ Cheerleading

★New!★ Dancing Camp

\$75

Bilingual instructor Diana Garcia-Snyder's professional background in dancing teaches youth how to have fun, laugh, and explore using the fun, creative, lively dance forms of Jazz, Ballet, and Yoga. Through dance and movement, youth strengthen their bodies and find more confidence and success in their daily lives. Min 5 / Max 10

Ages 13 – 17

Location: Room 1

#8289 7/21 – 8/4

Fri 5:30 – 8 p.m.

★New!★ Dancing Camp

\$23

Bilingual instructor Diana Garcia-Snyder's professional background in dancing teaches children how to have fun, laugh, and explore using the simple dance forms of Yoga, Indian Dance, and Spanish and Movement. Through dance and movement, children strengthen their bodies and find more confidence and success in their daily lives. Min 6 / Max 10

Ages 3 – 5

Location: Room 1

#8290 7/17 – 7/21 MWF 11:30 a.m. – 12:15 p.m.

Cheerleading & Dance

\$55

Our instructor from Liberty Bell Spirit Staff teaches the fundamentals of cheerleading techniques including arm motions, body position, jumps, voice projection, and cheer etiquette balanced with fun, teamwork, safety, and values. Basic dance technique is also taught. Includes t-shirt. Min 6/Max 20

Instructor: Kristin McDonald

Location: Room 3

Ages 4 to 7

#8287

Wednesdays

5:15 – 6 p.m.

7/5 – 8/9

Ages 8 to 14

#8288

Wednesdays

6 – 6:45 p.m.

7/5 – 8/9



Mat Pilates

Bilingual instruction provided. For beginners and intermediates. Discover the advantages of Joseph's Pilates method of exercise. Consistent practice enhances your awareness of postural habits, balance, circulation and oxygenation of the blood, flexibility. Instructor Diana Garcia-Snyder's extensive studies, training, and teaching includes Pilates and Modern Dance. She carries the message of the rehabilitating properties of this method to others and strongly believes that in strengthening our bodies, we strengthen and find more success in our daily lives. Min 6 / Max 12

Ages 18 to 59

Location: Room 3

Session I

\$50

#8311 6/26 – 7/24

Mon 6 – 7 p.m.

Session II

\$40

#8312 7/31 – 8/28

Mon 6 – 7 p.m.

No Lesson 8/7/06

Hawaiian Dance

\$32

This "talk of the town" class transitions the student from listener to active participant. Learn and combine basic dance steps and hand movements, and complete a routine in a fun, nurturing atmosphere. Warm up, technique, and dance practice each class (a sampling of hula, from it's root through adaptations, to it's modern day appearance.) No experience needed - just bring an attitude to have fun and learn! 14 year olds and younger with instructor approval. Min 6/Max 12

Ages 14 and older

Location: Room 3

Instructor: Eileen Plum

Session I

#8299 6/27 – 7/25

Tue 5:45 – 6:45 p.m.

No class 7/4

Session II

#8300 8/1 – 8/22

Tue 5:45 – 6:45 p.m.

Martial Arts

Wado-Ryu Karate

Wado-Ryu means “way of peace” or “way of harmony”. This style of karate emphasizes dedication to training basic karate technique. It is believed that not even a lifetime of basic practice will result in perfection of technique. This class emphasizes acquiring control of our bodies and bodily power. Students learn to relax their shoulders, concentrate energy on a single point, rotate or twist at the waist and fist, and cultivate more perfect balance. On the mental side, students can build character, develop patience and concentration through regular and dedicated practice. Min 4/Max 14



Location: Room 1

Activity Fee: \$24 per month

Instructor: Richard Anonsen

Ages 8 to 17

#8355 7/3 – 7/31 M/W 5 – 6 p.m.

#8356 8/2 – 8/30 M/W 5 – 6 p.m.

Ages 18 and older

#8353 7/3 – 7/31 M/W 7:30 – 8:30 p.m.

#8354 8/2 – 8/30 M/W 7:30 – 8:30 p.m.

Karate for Teens and Adults \$4 Drop-In

Our highly trained and knowledgeable volunteer instructors teach advanced principles of karate: breathing control, energy generation, self healing, take-downs, joint locks, break aways and other martial arts techniques. Goju-Ryu karate is used as a medium for developing these principles. Minimal administrative fee applied. Min 4 / Max 14

Location: Room 1

Instructor: Carol and Boyd Gittins

Age: 12+ yrs through Adults

Saturday Jun 3 – Aug 26

10 a.m. – Noon

Shorinji Kempo

Our highly trained and knowledgeable volunteer instructor teaches this martial art rooted in the life philosophy of Kongo Zen: kicks, punches, blocks, also break holds, locks, pins, throws, and pressure-point techniques for therapy and self defense. Observers may drop in any time; new students may start on the first practice day of each month. Minimal room use fee applied. Min 4/Max 15

Instructor: Hiroshi Onaka, 5th Dan

Ages 18 and older

Location: Room 1

Activity Fee: \$24 per month

#8343 7/6 – 7/27 T/Th 7:30 – 9 p.m.

#8344 8/1 – 8/31 T/Th 7:30 – 9 p.m.

Hapkido

\$24

Classes offered Tues, Thurs. This Korean martial art means the “way of harmonious energy” with instruction in offensive and defensive techniques: kicks, punches, joint locks, throws, takedowns, pressure points, escapes, blocks, and stances, as well as learning how to fall, wrestle, and free spar. Gain control of your body and confidence through your ability to defend yourself with regular practice. Beginners welcome and can start at any time with instructor approval. Minimal administration fee applied. Min 4 / Max 14

Ages 18 and older

Location: Room 1

Instructors: Bart Turner and Ken Gilman

#8297 7/6 – 7/27 T/Th 6 – 7:30 p.m.

#8298 8/1 – 8/24 T/Th 6 – 7:30 p.m.



Youth and Adult Sports

★New!★ Green Lake FC Seattle Soccer Camp

Green Lake CC and FC Seattle Soccer partner to provide a fun, active, soccer experience for youth. FC has been an active member of the Greater Seattle soccer community since 1984 providing programs that include players with ALL different playing abilities. The Camp for Champs program caters to those looking to learn new skills and improve their game in a fun and challenging environment. The program is designed to suit each and every player regardless of age, gender or soccer ability. The FC Seattle coaching staff facilitate the camp; professional coaches from both the UK and USA ensure that players are receiving focused soccer instruction along with benefiting from a fun and exciting summer soccer experience. Each player receives a FREE T-shirt, water bottle, and soccer ball. Min 10 / Max 40 No

Ages 6 – 15

Location: Outdoor Space

Camp 1 **\$100**

#8295 7/3 – 7/7 M/W/Th/F 10 a.m. – 2 p.m.
No Program 7/4/06

Camp 2 **\$120**

#8296 8/21 – 8/25 M–F 10 a.m. – 2 p.m.

The Best Effort Basketball Camp At Green Lake

Coach Tom Newell and his staff provide this FREE basketball camp to girls and boys ages 8 - 15 years old at Green Lake Community Center and several other centers around the city. **Participation is limited to one camp so sign up now!** Registration information also containing other center locations is available at the center. Everyone will receive FREE giveaways for participating! Sponsored by The Seattle Parks and Recreation Citywide Youth Athletic Office, in conjunction with New Balance / Coaches Who Care, Intl., Sonics, Storm, Talisma, and GE Capital.

Age: 8 to 15 years

Thu, Fri 1:30 – 3:30 p.m. Jul 13 – Jul 14

Fees: FREE

Location: gym

Third Annual “Battle at the Lake”

Green Lake Community Center presents the 3rd Annual “Battle at the Lake” weekend. Eight teams of current and former, semi-professional and professional basketball players and coaches will compete in an outdoor basketball tournament at the Green Lake Community Center outdoor play courts. This weekend event will also include a Dunk contest and 3 Point contest along with other exciting events. For more information, please contact Jasen Thomas or Jeff Hodges at 206-684-0780.

Tournament Day #1

Friday, July 21 6 – 9 p.m.

Tournament Day #2

Saturday, July 22 9 a.m. - 6 p.m.

Playoff / Finale

Sunday, July 23 11 a.m. - 4 p.m.



Open To The Public Pancake Breakfast

In addition to a great outdoor basketball event, Green Lake Community Center Advisory Council will be hosting a Neighborhood Pancake Breakfast the morning of Sunday, July 23 from 8:30 - 10:30 a.m. Please support the Green Lake Community Center by purchasing a breakfast: \$4 adults; \$2 children.

Table Tennis ♦ Tennis

Beginning Tennis Lessons \$154

Tennis students will learn the basics of tennis, from forehand and backhand to developing hand-eye coordination. Tennis students will need to bring their own rackets each day. Min 4 / Max 12

Location: Green Lake Courts

Instructor: Craig Yahne

Session I (Ages 18+) \$154

#8281 7/3 – 7/26 M/W 6:30 – 8 p.m.

Session II (Ages 18+) \$154

#8282 8/7 – 8/30 M/W 6:30 – 8 p.m.

Session I (Ages 9 – 17) \$128

#8285 7/3 – 7/26 M/W 5 – 6:30 p.m.

Session II (Ages 9 – 17) \$128

#8286 8/7 – 8/30 M/W 5 – 6:30 p.m.



Intermediate Tennis Lessons

Tennis students will learn more advanced tennis, from forehand and backhand to developing hand-eye coordination. Tennis students will need to bring their own rackets each day. Min 4 / Max 12

Location: Green Lake Courts

Instructor: Craig Yahne

Session I (Ages 18+) \$135

#8305 7/6 – 7/27 T/Th 6:30 – 8 p.m.

Session II (Ages 18+) \$154

#8306 8/8 – 8/31 T/Th 6:30 – 8 p.m.

Session I (Ages 9 – 17) \$112

#8307 7/6 – 7/27 T/Th 5 – 6:30 p.m.

Session II (Ages 9 – 17) \$128

#8308 8/8 – 8/31 T/Th 5 – 6:30 p.m.



Tennis Lessons

Youth Tennis Camps

This in-depth 15 hour per week tennis program is designed for the “camper” who wants a highly focused, compact program. Camps are offered for beginners and intermediates. Bring a tennis racket and one can of new balls. Min 4/Max 12

Ages: 9 – 17

Location: Green Lake Courts

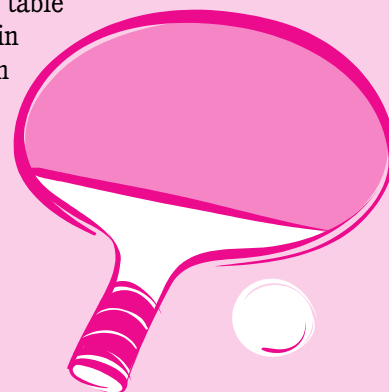
Instructor: Craig Yahne

Session I - Beginners \$160
7/17 – 7/21 M–Fri 9 a.m. – Noon

Session II - Intermediate \$160
7/24 – 7/28 Mon – Fri 9 a.m. – Noon

Adult Advanced Table Tennis Play

Geared for the serious table tennis player who wants a place to play other serious players, and who generally play one hour or more. Room available 1/2 hour after the community center opens until 1/2 hour before it closes, Monday through Saturday. No other activities are scheduled during open play; however the center reserves the right to schedule this room for other functions so please call in advance for availability. One table available. Drop in only. No children allowed. Please accommodate those who drop in to play.



Inline Skating ♦ Volleyball

Inline Skate Lessons

Gregg's Greenlake Cycles and Green Lake Community Center Present: Inline Skating Safety First - ages 8 - 99 years! **Register by calling 206-684-0780.** For specific program details, call Kathryn Humphrey at 206-525-4903.

For Beginner and Intermediate Lessons

All classes include: 2 lessons, 4 hours instruction, skates, helmet, all protective gear.

Bring: Water bottle, snack, bootbed inserts if needed, and lightweight backpack for carrying shoes.

Wear: Hi-top socks and comfortable clothing.

Location: All classes meet at Gregg's Greenlake Cycles Skate Rentals - north door - 7007 Woodlawn Ave. NE - where we pick up gear and then walk together across street to Green Lake.

All participants must sign liability waivers. Parent / guardian must also sign for under 18 years. Classes held rain or shine - held indoors or on dry outdoor space in case of rain or wet pavement. Miss a lesson, make it up next month. Min 3 / Max 8

Intermediate Lessons

\$55

We first review basics (see beginner lessons). Progress to Stride II and refine your personal skate style; learn multiple techniques to slow down and stop safely with and without heelbrake (Grass-stop, T-stop, A-stop, etc); learn to skate downhill keeping speed in control using parallel turns and technical edging techniques. Includes trail safety tips. Also available: Lessons in Commuter Skating and Introduction to Skatepark Skating.

Instructor: Kathryn Humphrey, USSG Certified

Age: 8 yrs and older

Tuesdays	6 - 8 p.m.	Jun 13 - Jun 20
Thursdays	6 - 8 p.m.	Jul 13 - Jul 20
Thursdays	6 - 8 p.m.	Aug 17 - Aug 24



Beginner Lessons

\$55

Learn to skate safely without falling using Controlled Descent. Progressive skills lessons begin with International Inline Skating Assn.'t. Primary Skills: balance / stance, edging, rotary motion, pressure application. Progress to Stride I, A-frame turn, Heelbrake stop. Build a lifetime of skating safely with fun, fitness, and health. Includes tips on hydration, nutrition, stretching, warmup, cooldown, and trail safely.

Saturdays	10 a.m. - Noon	Jun 17 - Jun 24
Saturdays	10 a.m. - Noon	Jul 15 - Jul 22
Saturdays	10 a.m. - Noon	Aug 19 - Aug 26

Fees: \$55.00

Drop In Adult Volleyball Play \$2

All levels welcome! Try volleyball for the first time, brush up on your skills, get some extra practice before that game, or enjoy a friendly game with friends.

Please note that times are subject to occasional change due to some circumstances. Please call in advance or stop by to check on the number of people interested that day, 206-684-0780.

Age: Adults of all ages

Location: gym

Fridays 6 - 8 p.m.

Green Lake Contributors Appreciation

You Make a Significant Difference in the Lives of Others!

Green Lake Community Center would like to thank the following businesses for their significant contributions to youth and family programs and for supporting families who are disadvantaged and at risk in our neighborhood area.

- ♦ Gregg's Green Lake Cycle, Inc.
- ♦ Lake & Company Real Estate
- ♦ Whole Foods Market Roosevelt
- ♦ Peet's Coffee & Tea Green Lake

THANKS!

Community Center General Information

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical disabilities.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure (www.seattle.gov/parks/reservations/Facrentalguide.htm).

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Senior Adults

Northeast Senior Adults Registration Information

Jayla McGill, Recreation Specialist
206-386-9106
e-mail: jayla.mcgill@seattle.gov

Summer Quarter Dates: Jul 3 – Sep 15
No class on July 4, September 4

Class Registrations begin Monday, June 19.

Trip Registration: Register by calling 206-386-9106 at 8 a.m. on the date listed for each trip. You may sign up yourself and one other person. When you call, leave your name, phone number, and pick-up site. You'll *only* be called back if you're on the waiting list. **Payment must be received at least 5 working days prior to departure.**

All Payments: Please make checks payable to **SAAC** and **mail to** Senior Adult Programs, Attn: Jayla, 8061 Densmore Ave N, Seattle, WA 98103-4436

More information: For more information about Senior Adult programs, including citywide events, please call Senior Adult Programs at 206-684-4951 and request a copy of our latest brochure! You can also access this information online:
www.seattle.gov/parks/Seniors/index.htm

Body Conditioning \$25 – 1 day/wk
Dynabands / free weights for over-all strength conditioning. **Instructor: D. Gotches**
Thursdays 10:30 – 11:30 a.m.

Tai Chi — Wu Style \$25
Fall prevention strategies, improved circulation, slow, gentle, short movements. *No class Aug. 2 and Aug. 4.* **Instructor: J. Proebstel**
Wednesdays 10 – 11 a.m.

Green Lake Walking Club \$5/6 wks

Seattle Parks and Recreation and Swedish Medical Center bring you a walk program for all fitness levels. Meet at Green Lake Community Center, stretch as a group, then walk around Green Lake. Set a walk goal. No-host lunch on the last day. **Instructor: M. Denney**

Wednesday, Aug 2 – Sep 6 10 – 11 a.m.

Caregivers Workshop Free

Insights for managing stress and burnout, guidelines for finding support provided by Senior Services of Seattle/King County. Shuttle van from Lower Woodland parking lot, 55th & Green Lake Dr N departs at 8:45 a.m. Refreshments provided. Registration required.

Mon, Aug 21 10 – 11 a.m.

Chess Club Free

Join enthusiasts for a drop-in game of strategy and skill.

Fridays 1 – 5 p.m.

Field Trips

Lavender Fields of Sequim \$15
Mon, Jul 10 8:30 a.m. – 5 p.m. Reg. 6/22

Historic Diablo Lake Cruise \$15
Fri, Jul 21 8:30 a.m. – 6:30 p.m. Reg. 6/23

Emerald Queen Casino \$6.50
Mon, Jul 31 9 a.m. – 4 p.m. Reg. 7/7

Western Days Sale! \$5
Fri, Aug 18 9:15 a.m. – 2 p.m. Reg. 7/28

Mariners' Game \$30
M's vs. the Toronto Blue Jays.
Wed, Aug 9 Noon – 5:30 p.m. Reg. 6/21

Menopause The Musical at ACT Theater \$3.50
Bring \$39 cash to purchase ticket on trip day.
Sat, Aug 26 3 – 7 p.m. Reg. 6/30

Evans Pool

Evans Pool

7201 E Green Lake Dr N
Seattle, WA 98115-5301
Phone: 206-684-4961 Fax 206-684-0881
Visit us online at www.seattle.gov/parks!

Professional Staff

Barb Marsh, O.O.C. Aquatic Center Coordinator
Cliff Evert, O.O.C. Asst. Aquatic Center Coordinator
Ken Anderson, Pool Operator
Krystal Wellman, Senior Lifeguard
Michael Bruesch, Senior Lifeguard
Dayna Lange, PPT Lifeguard
Julie Lee, PPT Cashier

Hours of operation

Monday & Wednesday	6 a.m. – 9:30 p.m.
Tuesday & Thursday	6 a.m. – 10 p.m.
Friday	6 a.m. – 8 p.m.
Saturday	8:30 a.m. – 5:30 p.m.

Holiday Closures

Tuesday, July 4, Independence Day
Monday, September 4, Labor Day

Program registration

Summer Open Registration is on-site Tuesday,
June 20 beginning at 10:30 a.m.

**All new participants must be pre-tested prior to registration.*

Program dates

June 26 – September 2, 2006

Rentals

Evans Pool is available to rent for special events and birthday parties Saturdays from 5:30 to 9:30 p.m. and Sundays from Noon to 8 p.m. (Sorry, no rentals are scheduled the second Sunday of the month.) For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$165 (fee increases with additional swimmers). Payment required to hold reservation.

Payment

You can pay for swim lesson registration in person during regular facility hours. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle or G.L.A.C. (staff rental fees). Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay

the amount due plus a \$20 fee. We are working on a system that will make online registration available.

Refund Policy

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given. There will be no refunds or make-up classes for lessons missed due to illness or vacations.

Scholarships

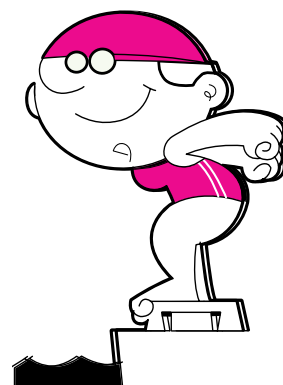
The City of Seattle and Evans pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate.

Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes. A minimum of 3 students is required for 3-year-old classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).



Evans Pool Summer Schedule: June 26 to September 2, 2006

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	6:00 – 7:30	EMLS¹	EMLS¹	EMLS¹	EMLS¹	EMLS¹	Lap Swim 8:30 – 10:00	
	7:45 – 9:30	Summer Swim League	Summer Swim League	Summer Swim League	Summer Swim League	Summer Swim League		
	10:00 – 10:45	Aqua Jog	Hydro-Fit	Aqua Jog	Hydro-Fit	Hydro-Fit/Tots		
	10:00 – 11:00	Shallow WX	Shallow WX	Shallow WX	Shallow WX	Kinders Lessons		
	11:00 – 11:30	Tots	3 Year Olds	Tots	Private Lessons	Tots	Beg. Youth Lessons	
	11:30 – Noon	Kinders & 3 Yr Olds Lessons	Adult Lessons	Kinders & 3 Yr Olds Lessons	Adult Lessons	Kinders & 3 Yr Olds Lessons	Adv Y/ Comp Stroke Lessons	
P.M.	Noon – 1:30	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Adult/Sr. Swim	Rentals Noon – 8 p.m. Call to schedule: 206-684-4961
	1:30 – 2:30	Public Swim²	Public Swim²	Public Swim²	Public Swim²	Public Swim²	Public Swim²	
	2:30 – 4:00	Lap Swim – 6 lanes	Lap Swim – 6 lanes	Lap Swim – 6 lanes	Lap Swim – 6 lanes	Lap Swim – 6 lanes	Special Pops 2:30 – 3:30	
	4:00 – 4:30	3 lap lanes (4 – 5:30)	Kinders Beg. Youth	3 lap lanes (4 – 5:30 p.m.)	Kinders Beg. Youth	3 lap lanes (4 – 5:30 p.m.)	Public Swim 3:30 – 4:30	
	4:30 – 5:00						Private Lessons	
	5:00 – 5:30	Private Lessons	Adv Y/Kinders	Private Lessons	Adv Y/Kinders	Private Lessons		
	5:30 – 6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
	6:30 – 7:00	Kinders Lessons	Tots/Priv Lessons	Kinders	Tots/Priv Lessons	Lap Swim		
	7:00 – 7:30	Beg. Youth Lessons	Public Swim²	Beg. Youth Lessons	Public Swim²	Public Swim²	Rentals 5:30 – 8:30	
	7:30 – 8:00	Adv Y/Comp Lessons		Adv Y/Comp Lessons				
8:00 – 8:30	Adult Lessons	Hydro-Fit 8:00 – 8:45 Shallow WX 8:00 – 9:00	Adult Lessons	Hydrofit 8:00 – 8:45 Shallow WX 8:00 – 9:00				
8:30 – 9:00								
9:00 – 9:30	Masters 8:30 – 9:30		Masters 8:30 – 9:30					
9:30 – 10:00		Adult Swim		Adult Swim				

Notes: ¹Early Morning Lap Swim (EMLS) admission by F.A.S.T. Pass, Recreation Swim Card, or check. No cash accepted.
²No lap lanes available during public swims.
Sauna will be closed from 1:30 to 5:30 p.m. on hot summer days to conserve energy.
Evans Pool will be closed Tuesday, July 4 for Independence Day.

2006 Fees and Charges

Recreation Swim Prices

Youth	\$2.75
Adult	\$3.75
Senior Adults	\$2.75
Spec. Pop/ADA	\$2.75
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00
Children under 1 yr	Free

Water Exercise Fees

Adult Fitness	\$4.75
Sr./Youth/ADA Fitness	\$3.00
Fitness Swim Ticket	\$30.00

Fees subject to change.

Swim Lesson Fees (See Notes)

Swim Lessons ¹	\$5.00
3-Year-Old Lessons ¹	\$8.00
Private Lessons ²	\$25.00
Semi-Private Lessons ²	\$35.00

Notes

¹Cost per lesson

²Cost per half-hour

Other Fees

"Just a Shower"	\$3.75
Towel Rental	50¢
Goggles	\$5.00/\$15.00
Caps	\$2.50/\$8.00
Sauna	\$3.75
Weights	\$2.50
w/ Swim Admission	\$1.00
Hydro-fit/	\$1.50
Aqua Jogger Rental	

***The F.A.S.T. Pass** is an unlimited personal monthly pass which allows you to access all fitness and recreational swim programs, sauna, and pool weight machine. Good at any City Pool! **It's the best value for your buck!**

Swim Lesson Information

Current participants may re-enroll for Summer the week of June 12, 2006. Payment must be made at this time to secure placement. We do not hold spots. We do not currently accept mail-in or phone in registration.

Open registration for new enrollees begins Tuesday, June 20 at 10:30 a.m. and ends Friday, June 24 at 5 p.m. We will take a waiting list for any filled classes.

All new participants must have a swimming pre-test to determine appropriate class placement. This may be done for free during any public swim. Please check in at the front desk for swim times.

Class Times/Fees

All classes meet once per week.

Summer Session 1

Open Registration is Tuesday, June 20 anytime after 10:30 a.m.

Lessons begin the week of June 26.

Day	Dates	# of lessons	FEES
Monday	Jun 26 – Aug 28	10	\$50
Tuesday ¹	Jun 27 – Aug 29	9	\$45
Wednesday	Jun 28 – Aug 30	10	\$50
Thursday	Jun 29 – Aug 31	10	\$50
Friday	Jun 30 – Sep 1	10	\$50
Saturday	Jul 1 – Sep 2	10	\$50

¹No classes July 4 (Independence Day)

Learn to Swim

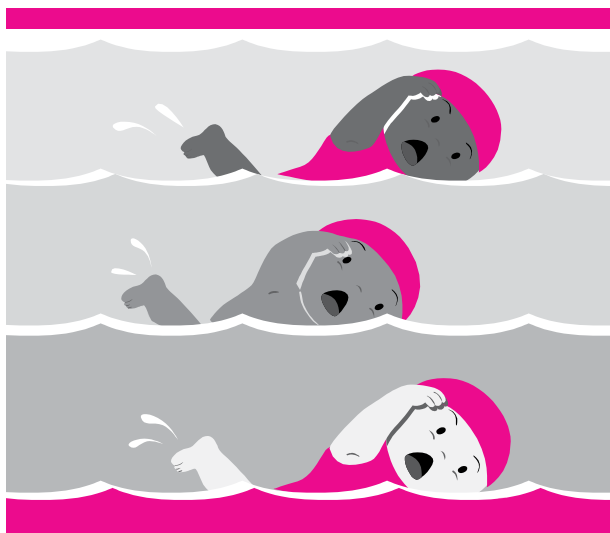


Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students in Seattle. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For more information on the "Learn to Swim" program, please call Evans Pool @206-684-4961 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1½-hour block of time once a week during our lesson program. All volunteers must complete a background check and go through a volunteer orientation. Call 206-684-4961 for more information.

Swim Lessons



Parent Tot Lessons Ages 8 mos.–4 yrs.

An introduction to the water for infants and toddlers. The instructor teaches the parent how to safely help adjust the child to the water. Basic holds and cues are introduced. Emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult.

Mon	11 – 11:30 a.m.	Jun 26 – Aug 28	\$50
Tue	6:30 – 7 p.m.	Jun 27 – Aug 29	\$50
Wed	11 – 11:30 a.m.	Jun 28 – Aug 30	\$50
Thu	6:30 – 7 p.m.	Jun 29 – Aug 31	\$50
Fri	11 – 11:30 a.m.	Jun 30 – Sep 1	\$50
Sat	10 – 10:30 a.m.	Jul 1 – Sep 2	\$50

Three Year Old Lessons

Small classes with knowledgeable instructors designed to start your child learning basic swimming skills and water safety. Maximum ratio 3:1. (\$7/class).

Pre-requisites: *One session of tots @ Evans Pool. Child must be comfortable in the water and hanging on pool wall. Child should also be independent from parents, and be able to follow instructions from teacher.

Mon	11:30 a.m. – Noon	Jun 26 – Aug 28	\$80
Tue	11 – 11:30 a.m.	Jun 27 – Aug 29	\$80
Wed	11:30 a.m. – Noon	Jun 28 – Aug 30	\$80
Fri	11:30 a.m. – Noon	Jun 30 – Sep 1	\$80

Kinder Lessons

Ages 4 to 6

Basic swimming skills are introduced and taught. In progressive levels, K1 and K2 classes cover water adjustment and basic skills for children with no or little swimming experience. K3 and K4 progress to more advanced skills. Additional class times may be added.

Mon	11:30 a.m. – Noon	Jun 26 – Aug 28	\$50
Mon	6:30 – 7 p.m.	Jun 26 – Aug 28	\$50
Tue	4 – 4:30 p.m.	Jun 27 – Aug 29	\$50
Tue	5 – 5:30 p.m.	Jun 27 – Aug 29	\$50
Wed	11:30 a.m. – Noon	Jun 28 – Aug 30	\$50
Wed	6:30 – 7 p.m.	Jun 28 – Aug 30	\$50
Thu	4 – 4:30 p.m.	Jun 29 – Aug 31	\$50
Fri	11:30 a.m. – Noon	Jun 30 – Sep 1	\$50
Sat	10:30 – 11 a.m.	Jul 1 – Sep 2	\$50

Join Summer Swim League 2006!

This novice, competitive team is geared towards youth ages 7 to 18. An emphasis is placed on fun and learning while having an opportunity to experience a real swim team atmosphere. Must be past the Red Cross Youth Level 4 to sign up. Come be a part of the Green Lake Gators Team! Registration begins May 16.

Fees: \$80

Mon – Fri 7:45 – 9:30 a.m. Jun 26 – Aug 5

Swim Meet Dates

Dual Meets	Fri, Jul 14 and Fri, Jul 21
North Division	Sat, Jul 29
All City	Sat, Aug 5

Swim Lessons

Beginning Youth Lessons Levels 1 to 4

Youth lessons are offered in American Red Cross progressive skill levels 1-4. Skills begin with water adjustment and ends with the 5 major strokes. Water safety skills and diving are also introduced.

Age: Ages 7 and up

Mon	7 – 7:30 p.m.	Jun 26 – Aug 28	\$50
Tue	4:30 – 5 p.m.	Jun 27 – Aug 29	\$50
Wed	7 – 7:30 p.m.	Jun 28 – Aug 30	\$50
Thu	4:30 – 5 p.m.	Jun 29 – Aug 31	\$50
Sat	11 – 11:30 a.m.	Jul 1 – Sep 2	\$50

Advanced Youth Lessons Levels 5 to 7

Progressive skill lessons for youths who have completed level IV. They must be comfortable swimming lengths of the pool, have strong flotation and crawl stroke skills, and a good whip kick. Students learn the four major strokes, refine techniques, build strength and endurance and practice water safety skills.

Mon	7:30 – 8 p.m.	Jun 26 – Aug 28	\$50
Tue	5 – 5:30 p.m.	Jun 27 – Aug 29	\$50
Wed	7:30 – 8 p.m.	Jun 28 – Aug 30	\$50
Thu	5 – 5:30 p.m.	Jun 29 – Aug 31	\$50
Sat	11:30 a.m. – Noon	Jul 1 – Sep 2	\$50

Competitive Stroke Passed Level 7

For advanced-youth-level swimmers who are interested in preparing for swim team or just learning competitive swim skills. Must have passed youth level 7.

Mon	7:30 – 8 p.m.	Jun 26 – Aug 28	\$50
Wed	7:30 – 8 p.m.	Jun 28 – Aug 30	\$50
Sat	11:30 a.m. – Noon	Jul 1 – Sep 2	\$50

Special Pops Lessons Ages 4 to 17

30 minute lessons for participants with special needs. Each lesson participant is screened for admission and is limited to one 30 minute block per session. At the discretion of the Assistant Coordinator, participants may be placed in a small group lesson or receive one-one instruction.

To accommodate more students, there is a 2 session limit. Those participants wishing to continue after 2 sessions will be placed on a waiting list and contacted if space becomes available.

To set up an appointment, call Assistant Aquatic Center Coordinator at (206)684-4961.

Sat	2:30 – 3 p.m.	Jul 1 – Sep 2	\$50
Sat	3 – 3:30 p.m.	Jul 1 – Sep 2	\$50

Adult Lessons

Ages 14 and up

Classes for both the non-swimmer and the experienced swimmer. Skills taught begin with basic water adjustment and end with advanced swimming strokes. Instructors make a skills assessment and tailor the lessons to the needs of the participants. Some optional basic diving skills may be taught.

Mon	8 – 8:30 p.m.	Jun 26 – Aug 28	\$50
Tue	11:30 a.m. – Noon	Jun 27 – Aug 29	\$50
Wed	8 – 8:30 p.m.	Jun 28 – Aug 30	\$50
Thu	11:30 a.m. – Noon	Jun 29 – Aug 31	\$50

Private Lessons

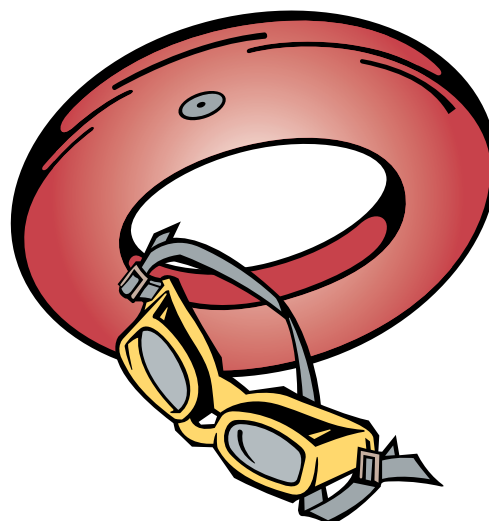
Ages 4 and up

Half-Hour 1:1 or 2:1 private or semi-private lessons allow for customized instruction to meet individual needs. Sign-up in person at Front Desk. You may sign up for up to 4 lessons per session. When your lessons that session are completed, you may sign up for future lessons based on availability. Payment required at sign-up.

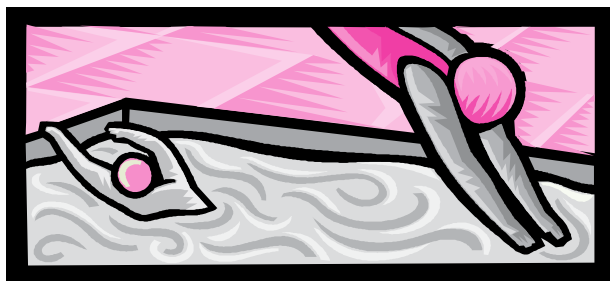
Personal Lesson Refund Policy: A participant may be issued a refund if he/she drops a lesson and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

Transfer Policy: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.

See cashier for availability. Call 206-684-4961 to make a request.



Water Fitness



Adult and Senior Swim

This swim has 3 lanes for lap swimming and an open area designed for easy swimming, aqua jogging, rehabbing, and easy water exercising.

Mon – Sat Noon – 1:30 p.m.
Tue/Thu 9 – 10 p.m.

Drop-in: Adults \$3.75, Sr., ADA \$2.75

Summer Adult Lap Swim Times

Mon – Fri	6 – 7:30 a.m.	6 lanes
EMLS — Ticket Admission Only		
Mon – Sat	Noon – 1:30 p.m.	3 lanes
Mon – Fri	1:30 – 2:30 p.m.	3 lanes
Mon – Fri	2:30 – 4 p.m.	6 lanes
Mon – Thu	5:30 – 6:30 p.m.	6 lanes
Tue/Thu	9 – 10 p.m.	3 lanes
Fri	5:30 – 7 p.m.	6 lanes
Sat	8:30 – 10 a.m.	6 lanes
Sat	4:30 – 5:30 p.m.	6 lanes

Drop-in: Adults \$3.75; Sr./ADA \$2.75

Shallow Water Exercise

These shallow water work-outs are designed to help improve cardiovascular conditioning as well as increase joint range of motion and flexibility. AM and PM classes vary in intensity. Evening classes tend to be higher impact. Participants are encouraged to work at their own pace.

Mon/Tue/Wed/Fri 10 – 11 a.m.
Tue/Thu 8 – 9 p.m.

Drop-in: Adults \$4.75; Sr/Yth/ADA \$3

Water Walking

Participants move through the water using various steps and movement patterns. The instructor emphasizes improving joint range of motion and flexibility by using the resistance of the water as a fitness tool.

Thu 10 – 11 a.m.

Drop-in: Adults \$4.75; Sr/Yth/ADA \$3

Deep Water Aqua-Jogging

Aqua jogging is a great way to experience the benefits of aerobic exercise without the harmful impact of most land-based workouts. Participants wear a float belt to maintain proper body alignment and keep the head above water. Workout consists of suspended deep water running and interval routines augmented by enhanced upper body resistance training. Must be comfortable in deep water.

Mon/Wed 10 – 11 a.m.

Drop-in: Adults \$4.75; Sr/Yth/ADA \$3

Hydro-Fit

Hydro-Fit is a 45-minute deep-water exercise program which uses ankle floatation equipment for buoyancy and resistance. Hydro-Fit workouts are designed to tone, strengthen, build endurance, develop coordination and increase flexibility. Participants must be comfortable in deep water.

Tue/Thu/Fri/Sat 10 – 11 a.m.

Tue/Thu/Sat 8 – 9 p.m.

Drop-in: Adults \$4.75; Sr/Yth/ADA \$3

Masters Workout

Our staff will post a workout ranging from 2,000 – 3,000 yards. Lanes are arranged for different speeds and swimming abilities. This is a self-driven workout (i.e. not coached); however, knowledgeable staff is available to answer questions.

Mon/Wed 8:30 – 9:30 p.m.

Drop-in: Adults \$4.75, Sr./ADA \$3

Videotaping & Stroke Correction

Have you seen yourself swim? We can help you! Come sign up for our new videotaping program — a must for all triathletes and competitive swimmers. We have two options available. Sign up with the cashier today!

Option 1: Video with Consultation \$25

We will videotape your strokes and watch them with you to correct your strokes and to improve stroke efficiency. The videotape is yours to take home with you.

Option 2: Video Only \$15

We'll videotape your strokes; you'll keep the video.

Class Meeting Times

Monday/Wednesday 8 – 8:30 p.m.

Thursday/Saturday 11:30 a.m. – Noon

Pre-registration with the cashier is required.

Recreational Swimming

Teen Swim

Attention teens, the time has come for you and your friends to have some fun! Down here at Green Lake — really Evans Pool — we have an open teen swim that is super-super cool. I know what you're thinking, how much will it cost?/Well, it doesn't get much better than absolutely FREE! You need to be **between the ages of 12 and 17**. Be sure to bring identification, as it will be seen. So, finish your homework early; you don't want to be late, because it starts at seven and ends promptly at eight. Mark your calendars and get ready to swim... Float, splash, whatever...just jump on in!



Tuesdays 7 – 8 p.m.
Free, but must register with Green Lake C.C. Teen Program. Groups of 8 or more must call to schedule.



Public Swim

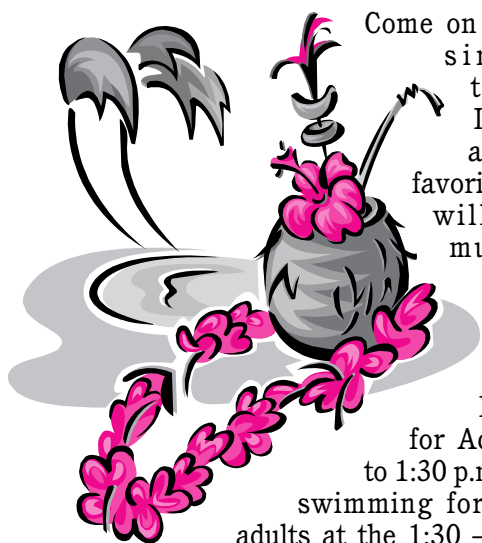
This is a recreational swim for all ages. Children under 4 feet tall and under 6 years old must be accompanied by an adult into the water and remain within arms length of the child at all times.

Tue/Thu/Fri 7 – 8 p.m.
Mon-Fri, Saturdays 1:30 – 2:30 p.m.
Saturdays 3:30 – 4:30 p.m.
Drop-in: Adults \$3.75, Sr., Yth., & ADA \$2.75

Special Events

Luau Potluck

Free



Come on down and sing with the Sauna Lizards to all your old favorites. There will be live music, free massages, and lots of good eatin'!

Free Swim for Adults noon to 1:30 p.m. and Free swimming for kids and adults at the 1:30 – 2:30 p.m. public swim. Come join us for a fun-filled day and bring your favorite dish to share!

Sat, Jun 10 Noon – 2:30 p.m.
Free Adults Swim Noon – 1:30 p.m.
Free Swim for all ages 1:30 – 2:30 p.m.

Swim Across Green Lake

\$25

Swim across Green Lake. Here is a new opportunity for all you open water swimmers. This event will begin at West Green Lake Beach and the course will end at East Green Lake Beach. Registration will begin May 16 or you may e-mail Steve Vela for a pre-registration form at steve.vela@seattle.gov A T-shirt and swim cap are included. Fee will be determined prior to registration. **Fee includes T-shirt and cap.**

Sun, Jun 25 9 – 10:30 a.m.

Weight Training Area

Evans Pool has a weight training area that includes a Universal Machine, a Stair Stepper, and some free weights. The weight training area is open during normal hours of operation and is open to adults 18 and older. There is a separate usage fee and participants are asked to sign in each time.

Fees: \$2.50 for weights only, \$1 if paying for a recreational swim



Community Centers

Alki.....	684-7430
Ballard.....	684-4093
Bitter Lake	684-7524
Delridge.....	684-7423
Garfield.....	684-4788
Garfield Teen Life Center.....	684-4550
Green Lake	684-0780
Hiawatha	684-7441
High Point.....	684-7422
Jefferson	684-7481
Langston Hughes P.A.C.	684-4757
Laurelhurst.....	684-7529
Loyal Heights	684-4052
Magnolia.....	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake.....	684-4736
Queen Anne	386-4240
Rainier Beach	386-1925
Rainier.....	386-1919
Ravenna-Eckstein.....	684-7534
Sand Point.....	684-4946
South Park.....	684-7451
Southwest.....	684-7438
Van Asselt.....	386-1921
Yesler	386-1245

Pools

Ballard.....	684-4094
Evans.....	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest.....	684-7440
Colman (Summer only)	684-7494
Mounger (Summer only)	684-4708

Environmental Learning Centers

Carkeek Park ELC.....	684-0877
Camp Long ELC.....	684-7434
Discovery Park ELC	386-4236
Seward Park ELC	684-4396

Boating

Green Lake Small Craft Ctr ..	684-4074
Green Lake Boat Rental	527-0171
Mt Baker Rowing & Sailing ..	386-1913
Boat Launch Permits.....	684-4075

Community Connections

Animal Control.....	386-4254
Aquarium Info.....	386-4320
Arboretum.....	543-8800
Ballard Little League.....	789-3288
Ballfield Reservations.....	684-4082

Bats Northwest.....	256-0406
Bathhouse Theater	524-1300
Compliments/Complaints	684-4837
Fremont Nbrhd Svc Ctr.....	684-4054
Green Lake Library.....	684-7547
Green Lake 2020	781-8886
Green Lake Park Alliance.....	689-6266
Greenwood Nbrhd Svc Ctr.....	684-4096
Handicapped Programs.....	684-4950
Lake City Nbrhd Svc Ctr	684-7526
Meadowbrook Family Ctr.....	366-925
North Central Little League..	706-9268
Parking Enforcement.....	625-5011
Parks Information	684-4075
North-End Cab	363-3333
PAWS.....	743-3845
Picnic Reservations	684-4081
Pitch & Putt Golf.....	632-2280
RUG Youth Baseball	523-8377
Senior Adult Programs	684-4951
Seattle Tennis Center	684-4764
U-District Nbrhd Svc Ctr.....	684-7542
Wading Pool Hotline	684-7796
Wild Bird Clinic.....	824-6249
Woodlawn Youth Soccer.....	632-1930
Yellow Cab	622-6500
Zoo information	684-4800

Green Lake Rooms and Evans Pool For Rent

Green Lake Community Center has several rooms for rent that are GREAT for birthdays, meetings, potlucks, seminars, and other small gatherings. VCR/T.V. available for rent. Rooms are available for rent on holidays depending on staff availability; special rates apply. Stop by to check out our rooms or call 206-684-0780 for specifics:

Toddler/Preschool Play Center: HUGE room with bathroom inside, loaded with different play equipment. Food okay in lobby area just outside. **Note: Private rental times not reserved will be available for public use.**

Teen Room: Large newly remodeled room adjacent to the gym.

Multi-purpose Rooms: One on the main floor and two on the second floor. Wood floors in all. Two with working fire places. One with attached small kitchen and restroom inside. Max capacity 60.

Gymnasium (available on a very limited basis): Great for children, teen, and adult low organized games and organized sports play.

Evans Pool

Evans Pool is available to rent for special events and birthday parties Sat 5:30 – 9:30 p.m. and Sundays Noon – 8 p.m. (Sorry, no rentals are scheduled the second Sunday of the month.) For more information, call 206-684-4961 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for 1 hour pool and 1 hour deck time for less than 30 swimmers is \$165 (fee increases with additional swimmers). Payment required to hold reservation.